

## Reflections on . . . Social Competencies

- ◆ How much do I know about my own heritage, about where my people come from? How can I learn more?
- ◆ How much do I know about my best friend's heritage, or my neighbor's, or my teacher's? How can I learn more?
- ◆ How many friends do I have who are of the same race as me? How many friends do I have who are of a different race than me? How about friends of a different gender, or a different religion?
- ◆ How many languages do I speak?
- ◆ How often do I get angry? Who and what seems to make me angry the most? What do I do when I get angry—Fight? Yell? Tell? Walk away? Exercise? Take a time out?
- ◆ Do people have to agree with me to be my friends? How do I stay friends with people when we have disagreements or differences of opinion?
- ◆ How do I take care of myself? Do I know how to avoid dangerous situations? Do I know how to get out of dangerous situations I've gotten into? Who has helped me? Who could help me now?
- ◆ Do I try to imagine how other people feel when I'm deciding on actions to take? Do I talk to them and listen to them so we understand each other? How can I learn more about being a good friend?
- ◆ Why does planning matter, when so many things happen unexpectedly? How does planning my weekend make it better? Does planning sometimes get in the way of having fun?
- ◆ What is the best way for me to make important decisions? Who is the person I most like to talk over important decisions with?